

# ANAHITA

Issue: 06 || Volume: 06 || June 2018

## **Surrendering to His Lotus Feet Desires! So Many The Realisation**



**MaitriBodh**

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# From the Editor's Desk

Dear Divine Souls,

Hope you are doing well and enjoying life with the abundant Grace of the Divine.

We lovingly share the June 2018 issue of Anahita with you. As we grow on the journey towards knowing ourselves better, we often experience small or big moments. Then we realise that there exists a much bigger power far more concerned about our well – being and growth. That, there is the Supreme - Divine, who loves us more than we can ever imagine! As we realize this our faith grows stronger and we start to experience Surrender to that Supreme. The June issue of Anahita is coloured in various shades of this surrender. Seekers, devotees, Mitrs and Maitreyis share their personal realisations in words of Love and Gratitude to the Divine. Enjoy this beautiful journey of surrender as you read through the following pages.

Under Dadaleela, our devotees share their learnings and experiences with Dadashreeji through articles like *'Establishing a Divine Connection'* and *'The Experience of a Lifetime'*. This issue also gives us an understanding of the relationship between space, time and the state of our consciousness, as part of His Words. *Two lovely poems – 'Mann Ki Rachna' and 'And we met again!'* express the writers' bond with the Divine. *'Experiencing Silence', 'Act of Surrender' and 'Miracles are the Norm'* are articles that explore the ways in which Divinity operates in our lives and encourages us to contemplate on the way life is unfolding around us. *Under Young Impressions – 'The Realisation'*, read about the powerful experience of oneness with the Universe which is humbling and fills us with gratitude towards everything.

*Stories – 'The power of Maya' (Illusion) and 'Treasure Trove – The Bigger Picture'*, will help us in getting a different perspective on the design of our lives and how to walk through it keeping the focus on the Divine within. *Under Wellness and You– 'Understand and Combat Diabetes'* by simple remedies. Enjoy light laughter with *'Divine Play'!*

*Special Feature - Having gained knowledge and understanding about this world by spending many years under the direct Guidance of Dadashreeji, a Mitr shares his experience of 'Surrendering to His Lotus Feet' and growing further on the spiritual path. Last but not the least; receive direct guidance from Divine Friend Dadashreeji on how one could deal with the good and the bad in the world as part of Pearls of Wisdom.*

The month long *Paduka Prem Yatra* begins in the last week of June giving devotees and seekers yet another opportunity to receive the Love and Grace of the Divine and reach the Highest.

With Love and Gratitude,  
Team Editorial



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**Q. Today, we see heinous acts being committed against women, children, animals and nature, in the name of religion and God. Such actions show how fallen the state of the human mind is. It's painful to watch the news. While the MaitriBodh Parivaar stands to establish Love in the world, what can we practically do in such situations? Please guide us.**

**Dadashreeji:**

Dear friends!

Good and Bad both exist together in the world. Both will express their qualities fully influencing the surroundings. First of all, you have to make a choice between these two. Whom do you represent? Which side are you with? Anyone who receives this message or listens to it or reads it, will surely choose Good and would like to be a part of the positive. Bad will never ever attempt to receive the positive message or even have time for it. Currently, the news that you see and read is filled with disturbing content, antagonising the Good, creating animosity, violence and fear. We advise you to stop watching these similar contents repeatedly or limit your time watching such news. What you get at the end is nothing but a restless and painful state. To help the Good within you, don't entertain Bad for long! You either do something to cure the Bad or dissociate from the Bad entirely. Don't be in between!

For the Good, being sane and sensitive, the actions of the Bad will disturb your peace causing restlessness within. Good means being kind, being forgiving, helping others, caring for others and bonding positively with others. The Good will never intentionally try to harm someone or cause disturbance in anyone's life. Such persons are generally very naive, gentle but firm within. On the other side, the Bad means harming someone, stealing, cheating, forcibly snatching things, claiming other's belongings as one's own, seeking pleasures through violence and destructively dividing society based on their ideologies.

You, being Good, need to understand one fact that crime, violence and injustice has always been a part of human life since ages. It just cannot be eradicated fully. It will remain in the world to mark its presence. So, what do we do here on? The simple remedy is, understand your role and express it accordingly. If you are a policeman, execute your role fully. If you are a social worker, execute your role fully. If you are a politician, execute your role fully. If you are walking on the spiritual path or are a part of The MaitriBodh Parivaar, play your role as a sensitive and awakened member of the planet. As a spiritual student, maitreyi or mitr you have basic four duties to fulfil.

- i) Guide others,
- ii) Share knowledge,
- iii) Act to help or correct others as much as is possible by you.
- iv) Pray for others.

Remember in all this, don't try to become a hero or seek publicity for personal gains, it will bounce back. You will get stuck somewhere and then you may have to struggle and suffer on your path. You just need to focus on what you can do at that time which will ease your pain. You can't solve all the problems instantly with one act. It will take time; hence, be patient. With a positive attitude, dedication and commitment, you will see positive results.

Remember, you as a maitreyi and mitr, represent true Love. Share and spread this Love with everyone around as much as you can.

**Be Love, My friends!**

**Love and Blessings,  
Dadashreeji!**



# His Words

" When you are awakened into an altered state of consciousness you reach a point where space and time do not exist. You are everywhere "

- Dadashreeji

This quote by Dada as usual needs deep contemplation to understand. So let us expound this important quote bit by bit.

What does “awakened into an altered state of consciousness” mean? On our inward journey towards our “Self”, our senses get refined. They seem to perceive in a manner that were incomprehensible before. Further, we perceive things beyond our senses as well. This occurs only when there is a shift in the consciousness.

He then says “you reach a point where space and time do not exist”. It is important to realise that “time” and “space” are perceived after we attain consciousness. There is no space or time when we enter “dreamless sleep” every night! However, with gradual progress in meditation, bhakti (devotion) and vichara (contemplation), when all our false coverings get removed one by one, we become one with the “Self”. Our limited consciousness becomes one with unlimited awareness. This state is not of “becoming” but “being”. Not being this or that but just being. That is our true state. In this state there is no “time” or “space”. This state is also what is perceptible in this “present” moment. In the “now” as the Masters call it.

Dadashreeji then says that in such a state “You are everywhere”. This is the state of all the great masters. They are a part of the supreme consciousness. That is the state of complete unity. A state that is unlimited, undivided and omnipresent. We are also that but have still not realised it.





# Surrendering to His Lotus Feet

Having gained knowledge and understanding about this world by spending many years under the direct Guidance of Dadashreeji, **Mitr Parn** shares his experience of 'Surrendering to His Lotus Feet'

On the spiritual path, there comes a phase in the life of a seeker where one knows that they have taken all efforts from their side yet feel that they are not growing further or the path ahead seems unclear. When we feel that the influences of the mind or that of the world have taken over, in such a situation, Divine Grace is required to take us ahead on our journey.

I experienced this phase in my life when I needed that extra push to move on. During that time, it so happened that I had a chance to meet Divine Friend Dadashreeji. After the meeting, He asked me to stay back and after everyone else had left, He Himself told me that He understood what I was going through and it was completely fine to be experiencing this state. To help me grow out of it, He suggested a sadhana (spiritual practice). He asked me to focus on the Divine Lotus Feet. Prior to this day, I had never realised the importance of the Lotus Feet or Padukas (sandals of the Divine or Master). Dadashreeji said that every morning, I should sparsh (touch) His Padukas and with my entire being, take His blessings before leaving the house.

With absolute satya-nishtha (truthfulness and dedication), I practiced this sadhana and I felt complete within. Gradually, I started to experience what Dadashreeji had wanted me to. Everytime I touched the Padukas, I could feel that I was touching the Feet of the Divine Himself. I could feel that I was touching Dadashreeji's Feet. It happened naturally. With this profound experience, my spiritual state and consciousness also grew deeper and deeper. Keeping a single pointed focus on Dadashreeji's Padukas, I was able to move out of the state of stagnancy and my learning from this experience was that after a point, to grow further on spiritual path, one needs to **surrender** themselves to the Divine Consciousness.

Surrender is the highest state in one's spiritual journey and it is only bestowed through Divine Intervention and Grace. The actions that one can take from their end to start this process is to surrender to the Feet of the Divine, the Master. Slowly as one continues this process and grows further, they become one with the Divine. In my life, during and after this sadhana, Dadashreeji completely took over me. Slowly my mind, thoughts and influences dissolved, and my heart began to express itself completely. I grew deeper into the Divine Consciousness and experienced surrender to the Divine Feet. Due to this state of surrender, I moved ahead towards fulfilling my sankalp (purpose) in life and giving my best to the Maitri Mission of spreading Love and Peace in every heart, in every part of the world.

The significance and power of the Divine Lotus Feet or Padukas cannot be explained in words. This can only be experienced. The Padukas of the Master or the Divine, carry Their Energy and Consciousness. When one touches the Padukas or simply resides in Their presence, one is able to receive the Love and Grace of the Divine and with the bhaav (feeling) of surrender which arises within when we offer ourselves to the Lotus Feet, the Divine bestows that highest state to us.

*Our Divine Friend Dadashreeji has given us a beautiful opportunity to receive His Grace and Blessings by inviting His Padukas to our homes, through Paduka Prem Yatra. The blessed 24 hours for which Dadashreeji's Padukas will reside in our home, will bring immense blessings, positivity and Love to the family and help each one in growing further in their lives. I urge all to make the most of this opportunity and share Dadashreeji's blessings with your family and friends.*

**Dadashreeji Sharnam!  
At His Lotus Feet, always.  
Mitr Parn**

Mitr Parn is one of the blessed souls who has lived under the Guidance of Dadashreeji since his formative years. Surrendered to His Divine Lotus Feet, Mitr Parn lives a life of selfless service and has been zealously working towards spreading MaitriBodh Parivaar's message of Love and Peace to every corner of the world. A mentor to many, he shares his life experiences with Dadashreeji, to help others grow to their true potential.





*My soul shelters at Your Sacred Feet,  
With the embrace of each petal compassion reveals,  
Where the shades of the self dissolve in Your Nectar Sweet,  
Time here unfolds my heart to blossom in the Sublime Essence of your Lotus Feet.  
Yes, Surrender is Here!*



Welcome **Dadashreeji** to your home, experience  
His Presence and receive His Love through His Divine Padukas.

## *Paduka Prem Yatra*

✿ From 24th June to 25th July ✿

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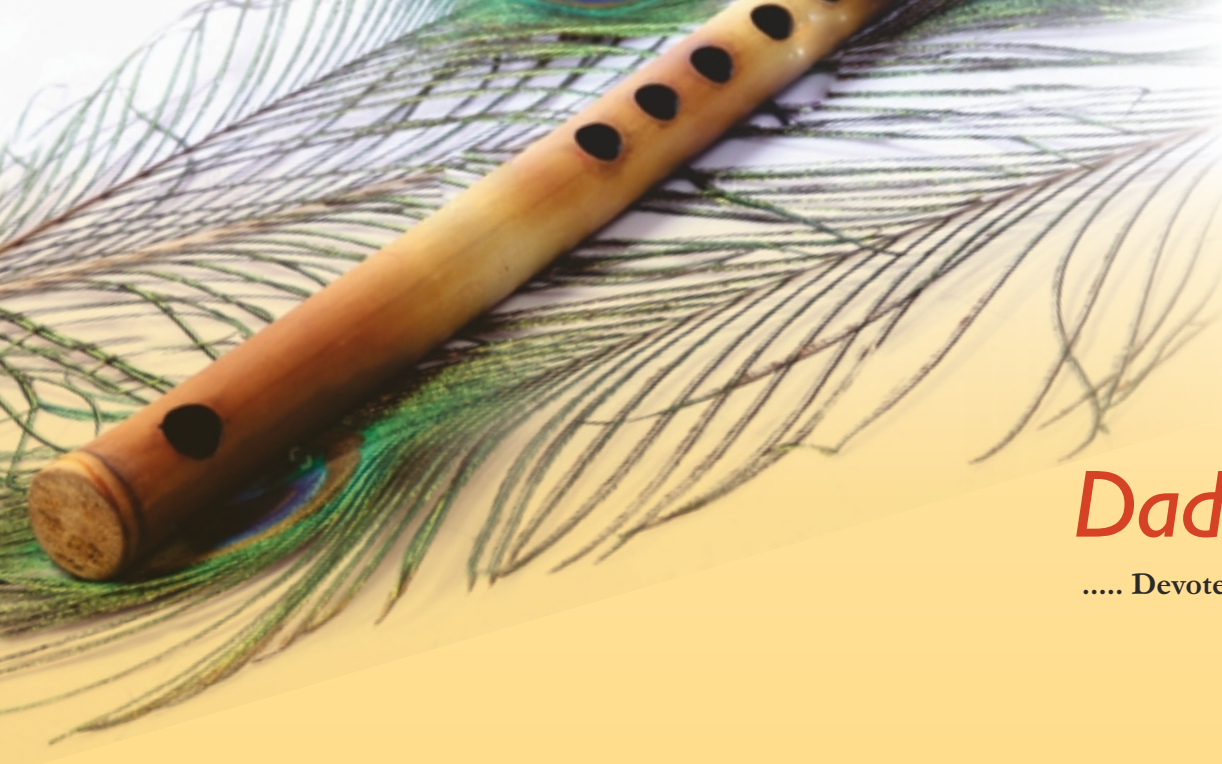
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## Dadaleela

..... Devotees' Experiences

# Establishing a Divine Connection

Dada Sharanam.

In April 2015, I attended Awakening to Self – realisation (Bodh 1) after listening to one of my colleague's experience. I went curious as to what I would learn. My friend had told me that it had helped her to connect to her Divine. I did not understand what that meant then. Connection to my Divine? I was already connected and an ardent Ganesh devotee. I prayed and visited a Ganesh temple every Tuesday while on my way to office. But Bodh I, II and III have changed my entire perspective of connection with my Divine.

Back to Bodh I. It started with some simple teachings which could be implemented in daily life and then the practice of Maitri Sambodh Dhyaan. It is a technique of meditation which connects you to your own Divine (establishes a bond). During this process, I had a vision of the Ganesh temple, which I used to visit. I saw myself sitting there and praying. Slowly I visualised a white light in place of the Ganesh idol and then a white light emerged from the place where I was sitting. My

white light was merging with the Divine white light. The experience was so profound that I had tears in my eyes. Dadashreeji had given me an experience of connecting with my own Divine. After this my journey with my Divine started in a different way - with the Divine becoming my best friend guiding me at every step. The journey of life became easy and He was there with me at all times.

Bodh also taught us not to get stuck in experiences but focus on the Divine, the giver of those experiences. After that I have received innumerable experiences and have now become a part of life. The main experience is that life has become joyful and I am extremely grateful to Dadashreeji for this. My Divine listens to me throughout the day, He is aware of each moment and also responds back in different ways when the need arises. That response brings forth Love, Peace and Joy.

**Thank you Dadashreeji.  
At your Lotus Feet,  
Love & Gratitude,  
Shalaka**



# The Experience of a Lifetime

In September of 2015, I was set to have one of the most incredible experiences of my life. In truth, my life truly began from this day. I had heard of an event - Bodh I. Little did I know as I signed up for a simple one day program at the local temple in the Quad Cities that everything in my life would shift and change for the better.

I was drawn to this event as I read an email from a friend and wanted to attend it, because the person leading the event was bonded with Mahavataar Babaji - a being who has been helping humanity for thousands of years and who has been a friend to me on my spiritual path for quite some time. Without really knowing why, I was already feeling a big shift in my awareness.

Being sensitive to energy, I felt something, when Dadashreeji, the founder of MaitriBodh Parivaar, entered the room. I can barely describe it in words, but I immediately felt that I was not just witnessing His aura or energy, but that I

was being immersed in it as well. I had never experienced it with any other Master, even though I have been incredibly blessed when it came to Masters and Guides. My mind could not comprehend the warmth and simplicity of what He shared that day. He did tell all fifty of us in that room, that whatever was within us at that time, would soon be enhanced. I remember leaving that day in 2015, not really understanding what He meant.

However, in the days to follow I soon saw it unfold beautifully and naturally which I have learnt is Dadashreeji's way.

I began to experience a strong inner guidance and for me it was a voice from within leading me forth. My purpose in life is to work with others to heal, using forms that I have learned over the years, such as Reiki. Without mincing words, I have been having mystical experiences since my childhood, but never had I experienced something so sublime. It was



actually so intense, that I found it difficult to talk about it, even with my very close friends. I felt maybe no one would understand what I was going through.

Due to some reasons, I did not have any contact with anyone in MaitriBodh Parivaar for nearly a year. I wasn't even completely sure I wanted to learn more, to be honest, because whatever was happening within me was so powerful, that I had started to become nervous about it. In 2016, a Mitra and a Maitreyi of MaitriBodh Parivaar arrived back in the Quad Cities. Their boundless energy and Dada's blessings were soon spread all over town, and the beginning of MaitriBodh Parivaar in the Quad Cities began. Most importantly, for me, I started to understand this incredible relationship that was developing with this most amazing Being - Dadashreeji, and that what I was experiencing was not uncommon. This was a huge relief to me because I finally felt like I could share this with others outside of my close circle of confidants, something I had been yearning to do. The guidance that came from within was spot on, though still beyond my comprehension. Soon the yearning to go visit MaitriBodh Parivaar at the ShantiKshetra Premgiri Ashram, a few hours from Mumbai (India) had grown very strong in me.

The irony is that anyone who knows me well, knows that I do not like to travel. I am a person who likes to sleep in my own bed. I also, have an extreme "food allergy" i.e. Celiac disease and am prone to falling sick for days because of a change in my diet. I also loathe flying, especially over oceans. So while everything in my mind told me to stay home, I decided to embark upon the adventure of a lifetime. In a similar way that I cannot explain in words what happened to me when I participated in Bodh I with Dada in my hometown, I also cannot explain the Ashram

energy itself to you. I was lucky enough to stay at the Ashram for a part of my two-week program and participate in various processes. I had told Dada internally that if I go to the Ashram, I didn't want to see a single snake or a spider. In His gentle way, Dada ensured that I saw neither until my final night when a small spider greeted me timidly in my shower stall. I had to laugh at the way I was lovingly being led to release all my fears.

While at the Ashram, I experienced my awareness attain new heights. Spiritual growth cannot be described in words as they happen on an experiential basis. I could go on and on about all of the events that happened in those two weeks, but I will sum it up by saying I knew I had reached Home, all of humanity was one, and that my life's purpose was to now share this Divine truth with others.

Do not misunderstand me, this is not about creating "followers". When you have felt the Peace and Love within, the desire to expose others to this is not just a mere wish or a need. In MaitriBodh Parivaar, there is complete freedom to follow whatever path you are already on. You simply awaken within and your path becomes clearer. Dadashreeji is here to give us the experience of Love and Peace so that it becomes our personal truth. He doesn't ask us to do anything but to accept Him as a Friend, and through this simple yet powerful act, one automatically begins to transform. It is my dearest wish that all experience this Divine Love as well. There is simply nothing like it that I have experienced on this planet. Today, I am excited to share this with you, its bursting from within me, like a boundless wave of Unconditional Love and Grace.

- Maitreyi Lori



# Desires: SO MANY!

**Mitr Sut** sets out to explore the fundamental questions pertaining to desires

Little John's father asked him to go to a neighboring shop to buy a pen. At the shop he saw fresh new chocolates and greedily stared at them. The shopkeeper noticed this and persuaded him to buy them with the balance money in hand. John too longed for the chocolates and bought them to satiate his desire. On the way he saw his friend Ram, who had a new cricket set. On Ram's insistence John goes to his house to play cricket because he had always wanted to do so. Finally after an hour, he realized that he had to go back home, with the pen that his dad was waiting for. He got a good scolding from his father for being late. He was unable to give reasons for his actions.

This is what desires can do and this is what we all do, all the time!

What we do, each and every act, right from the time we wake up in the morning until we sleep, from birth to death, is a result of our desires! Desires make us act, and at times overpower us! Sounds familiar, right?

**From where do these desires sprout? How is it that we are at times unable to control our desires? What happens when we are unable to fulfill our desires and what happens when we fulfill them?**

A most in-depth understanding of desires is found in this profound Vedic mantra:

काममया एवायं पुरुष इति । सा यथाकामो भवति  
तत्क्रतुर भवति ।।  
यात्क्रतुर भवति तत कर्म कुरुते । यत कर्म कुरुते तद  
अभिसम पद्यते ।।

**Meaning:** You are what your deep, driving desire is. As your desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny.

- *Brihadaranyaka Upanishad (4, 4.5)*

Any being how he/she acts is due to his/her desires, which creates one's personality, one's being. The actions prompted by one's desires will naturally have an effect. The acts or karm one performs will have karmic repercussions and you reap a resultant good or bad account, forming your so called destiny. So it's how you act, that forms your destiny and these actions come from your desires.

As we go through our daily life, innumerable thoughts come in our mind. Some are from our surrounding influences and some appear to be deep seated. When these thoughts get reinforced they take a form of a desire and we act on them.

*An example* - If a poor person sees a wealthy guy he too might want to experience that luxury. This repeated thought could take form of a desire and direct the poor man to earn wealth. If he is unable to earn wealth, he would go through pain, which might be a part of his learnings. For the moment, he may try to convince himself that it's fine to not earn wealth, but then this desire may become deep seated in the form of a samskar and when the appropriate environment comes in the future it will prompt him to act. In case he fulfills this desire and becomes wealthy more desires are added to it and this would go on.

At times, there could be a deep seated desire,



which one might not be aware about making one enact them (refer to the above story of John). These come from one's past impressions or samskaras.

### **Now, one may question are desires bad?**

Desires are an integral part of human life. Desires prompt us to act, without which it will be difficult to do things in the world. Desires to do good to the world and to one's own self are always welcome and should be reinforced.

The fact that one wants to know the Truth, reach the Highest itself is a desire, without which one cannot grow spiritually. When one gets a positive urge strongly and repeatedly to do something from the heart, that becomes a passion, this makes one do huge superhumanly tasks in the world, which may bring about some change.

But, ultimately one needs to go beyond all desires. Even the desire to attain moksh/ liberation, can itself become a hindrance to reach that final state and it is only with the Grace of the Divine that one can overcome it.

### **Can one control desires and is it necessary to do so? Can one give right direction to desires?**

Since desires are natural, there is nothing wrong in them as such. But problems come, when desires become negative, harming others or nature; or when they deviate you from your path. It is as such difficult to control desires, cause they seem to have their own force and direction. The first step is to have an awareness of these, which comes from one's own developed intellect and when one's heart is opened up by Divine grace. You will then naturally start taking actions to get away from

negative desires. One of the ways can be to replace negative or repeatedly indulgent desires by something higher and positive and being in the sangat (company) of good positive people.

**Divine Friend Dadashreeji further explains that the inception of karmas are in our astral body from our past life, to which we add our everyday actions coming back to us in our present life.** Samskaras influence desires which manifest in actions (Karm). These actions further lead to formation of new samskaras, thus forming a vicious circle.

### **Can one give right direction to desires?**

Dadashreeji has often stressed that having desires is not bad, but pursuing only material desires will not ensure everlasting contentment. One must follow one's heart or passion. Acts that are beyond our selfish motives and in the interest of one and all, will give us everlasting happiness and bliss.


**The transformation that one experiences with the grace of Dadashreeji, in MaitriBodh Parivaar's various events, helps one to realize one's purpose in finding a path to develop positive fulfilling desires and passion, that naturally lead one to 'The Path Divine'.**

*(The transformative event in MaitriBodh Parivaar, called 'Purification' (Bodh-II) discusses this in detail along with a profound purification process to deal with deep seated samskaras and blocks).*

A doctor by profession, (currently working as a Consultant Radiologist in P.D. Hinduja Hospital, Mumbai) Mitr Sut - as he is fondly called also teaches and conducts spiritual sessions and shares the insights gained from his Master Dadashreeji.



## Story: *The Power of Maya (Illusion)*



“Lord please show me  
the power of your Maya”

Once, Narad Muni who was a devotee of Lord Krishn met Him. While they were walking, Narad Muni asked Lord Krishn, “Lord Krishn, can you please show me the power of Maya, the illusory energy? Please explain to me the secret of this Maya and how she acts?”

Sri Krishn hesitated to carry out this request and asked his devotee,” My dear Narad are you sure you want to see the power of Maya?”

Narad was determined and so he said,” Yes, Lord Krishn I am sure. I want to see power of your Maya! ”Lord Krishn replied,” Okay Narad. Let’s lie down here in the shade and I shall tell you everything. But first, Narad, as it’s terribly hot, would you get me a glass of cold water?”


“Right away,” Lord Narad promised, happy to serve his beloved Krishn. He set out across the fields. The sun’s heat bore down on him and though he walked for an extremely long duration, the little line of thatched cottages on the horizon that marked the nearest village seemed no closer as he strode along. The heat grew

unbearable. Narad’s throat became parched; he thought that he would ask for two glasses of water, and drink the second himself to quench his thirst.

Finally he reached the village and ran to the nearest house. The door opened – and there stood the most beautiful girl he had ever seen. She smiled up at Narad through her large dark eyes and something happened to him that had never happened before. All he could do was to look at her beautiful face. Finally he spoke out, “Will you marry me?”

The couple settled down to a life of bliss. After a while, he and his wife were blessed with children and soon became an animated household. Somebody was always being bathed or dressed; there were meals to get and people to be provided for. All these things were filling up their lives. Narad and his wife became engrossed in their little world, quietly building upon their dreams. Years passed. The children grew up, went to school, and got married; in time, grandchildren arrived. Narad became the patriarch of a great family, respected by the whole village; his lands stretched to the horizon. He and his wife would look at each other fondly and say, “Don’t you think being grandparents is the greatest thing on earth?”

Then an enormous flood came. The village fields took the form of a raging river, and before Narad’s helpless eyes, everything that he loved and lived for – his lands, his cattle, his house, especially



“Will you marry me?”





Of the entire village, only he remained. He was trying to save them from this entire calamity but was not successful. Unable to watch the destruction, Narad fell to his knees and cried for help from the very depths of his heart, “Krishn! Krishn!”

At once, the raging floods disappeared and he saw Sri Krishn, standing casually on the fields where they had once walked, what seemed to be so many years ago. “Narad,” the Lord asked gently, “Where is my glass of water?”

*Adapted from: [www.bhagvatam-katha.com](http://www.bhagvatam-katha.com)*

his beloved wife and all their children and grandchildren – were swept away.

### **Moral:**

The power of Maya (illusion) makes us forget the Divine. Like Narad Muni, we too have become enamoured and charmed by the material world. We forget that we are visitors on this planet and that we have to go back home (to the source, of which we are a part). We need to re-establish our bond with Divinity so that we are able to fulfill the purpose of our lives and to be able to distinguish between reality and illusion.



# Experiencing Silence

The author shares his experience of realizing the power of silence and achieving a state of mindfulness in life

It was during Bodh I (Awakening to Self – realisation). As expected the whole group was firing questions at Dadashreeji. And as usual, he was answering them with earnestness coupled with gentle humour. I raised my hand up and His gaze shifted from another participant to me. Though it had only been a few seconds, it felt like a long time to me. Then, I finally mustered courage and asked “What about the importance of silence in spirituality?” He said “It has to only be experienced and not talked about”. It sounded terse but that was it and he continued answering another seeker’s question.

Since then I started my journey of ‘experiencing’ silence. I quickly realized that all Masters were clear on the point that merely keeping quiet was not ‘silence’. Even sitting in a room or a cave all by myself would not make me ‘silent’. There would be great quiet but not ‘silence’. Thoughts would come even in quiet places and break the silence. So the answer was in reducing the number of thoughts!

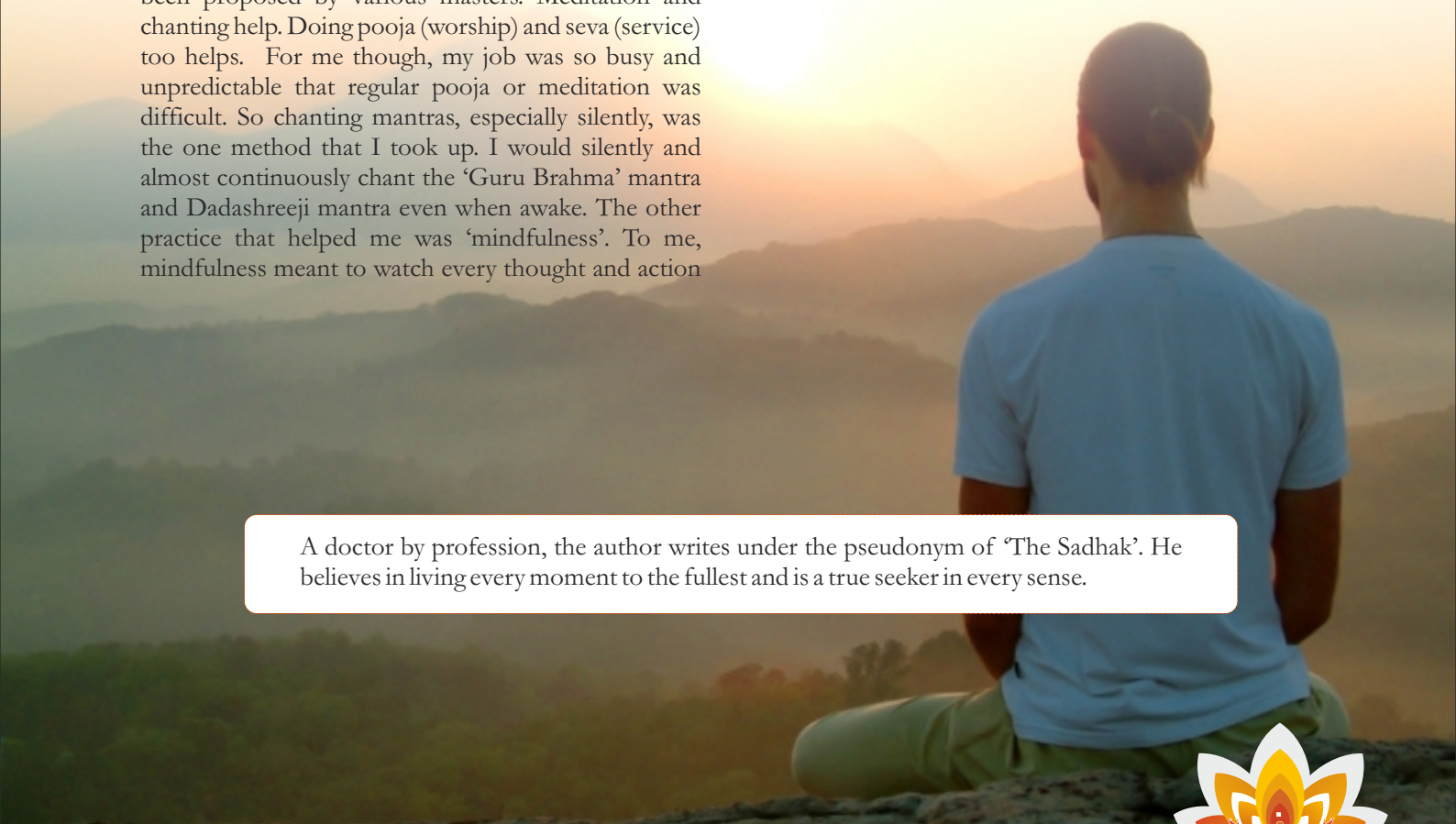
How does one reduce thoughts? Various methods have been proposed by various masters. Meditation and chanting help. Doing pooja (worship) and seva (service) too helps. For me though, my job was so busy and unpredictable that regular pooja or meditation was difficult. So chanting mantras, especially silently, was the one method that I took up. I would silently and almost continuously chant the ‘Guru Brahma’ mantra and Dadashreeji mantra even when awake. The other practice that helped me was ‘mindfulness’. To me, mindfulness meant to watch every thought and action

of mine, all the time. It was amazing to observe what all I thought! It was also evident that when I watched my thoughts, very surprisingly, they slowed down. Further when I observed them they came and went but had less and less hold on me. I did not react to them as before. I also started observing the gaps between thoughts. These gaps slowly become more profound and all of a sudden, I started experiencing silence.

Since then, although it does get broken once in a while - silence has not left me. However, I needed confirmation from Dadashreeji regarding this. When I recently attended Heal the Soul (Bodh IV), Dadashreeji mentioned three friends of the Divine, and I immediately received my answer. We also did a special session to experience silence. There I could visualize my old friend ‘silence’ very well. The thought that crossed my mind then, was that deep down, “I am silence.”

*I thank Dadashreeji from the bottom of my heart for being with me in this journey towards silence.*

A doctor by profession, the author writes under the pseudonym of ‘The Sadhak’. He believes in living every moment to the fullest and is a true seeker in every sense.



# Understanding Diabetes



**Dr. Sheetal Maniar** shares some noteworthy tips to combat the danger that diabetes poses

Diabetes is not a disease but a lifestyle hazard. The study, published in the 1950s by the sugar industry-funded researcher Ancel Keys, Ph.D., sparked an increase in the quantity of net carbohydrates recommended in your diet and a severe reduction in healthy fats. This imbalance affects the cellular resistance to the hormones - insulin, leptin and ghrelin (the hunger hormones reducing hunger and increasing hunger respectively).

This cellular resistance is the real foundation to problems with diabetes — not high blood sugar, which is a symptom, not the cause. Diabetes is rooted in insulin resistance and malfunctioning leptin signaling, caused by chronically elevated insulin and leptin levels. This is why treating Type - 2 diabetes with insulin does not resolve the problem but dietary modifications, sunlight exposure and physical exercise go a long way in treating diabetes.

Following are certain steps patients suffering from diabetes can take to efficiently combat it:

## Dietary recommendations

- It includes a diet high in healthy fats, moderate protein and low in net carbs.
- Nine specific super foods for diabetics are also reviewed here. Following are 'super foods' for diabetics: All seeds, walnuts, beans, green leafy vegetables specifically spinach, broccoli, berries, cinnamon, ginger and turmeric.

- So when we're talking about eating more fat, we're referring to natural, unprocessed fats found in real foods like seeds, nuts, olives, avocado, ghee & coconut oil.
- One of the most efficient ways to train our body to use fat for fuel is to remove sugars and starches from our diet.
- Fibre rich food plays a vital role in controlling diabetes, Aim for about 50 grams of fibre per 1,000 calories consumed. The best fibre rich food sources are salads, spinach, beans, sprouts, lentils, avocados, coniferous vegetables like cauliflower, broccoli etc.

## Sunlight Exposure

- Along with dietary modifications, one must ensure exposure to sunlight for 20 minutes per day without being obstructed by clothes or by wearing the bare minimum.
- One must minimize exposure to artificial lights which optimizes mitochondrial function.

## Physical Activity

- One must be involved in some kind of physical activity, which is instrumental in the treatment of this disease.
- Additionally, establishing an optimal circadian rhythm where one wakes up & sleeps at the same time every day is important

**A lifestyle change is the key in treating all diseases.**

Dr. Sheetal Maniar is a physiotherapist by profession, a PhD holder in alternative medicine from the Indian Board of Alternative Medicine. Also holds a degree in nutrition from AMCC, Calcutta and is a counselor too. She has a penchant for curing her patients at the physical, emotional & spiritual levels.



# Act of Surrender

Maitreyi Cecilia explores the human nature of wanting to be in control, without us realizing that our lives operate under a higher greater power

Children are often carefree because they don't try to control any situation around them. As adults, as we grow older, we take on responsibilities and a part of that includes us being in control. But much too often, we end up controlling situations, people and much more, generally trying to create and plan for the ideal which according to us would be the perfect situation. This leads to stress and disagreements.

Being responsible is not synonymous with being in control. When we are mature enough to understand this and treat one another with compassion and love, we begin to surrender our mental obsession with control.

One day while offering seva I caught my mind feeling superior, wanting to intervene and control situations, which was not necessary at that point in time. I immediately surrendered to my Inner Divine, requesting Him to guide me. I returned back to my state of love and peace, continuing to perform silent Seva without being an obstacle.

Another practical instance that highlighted a similar learning of surrender, was when I was standing in a high-rise hospital building and watching the intricacies

of a construction site of an eight story building being built across the road. I saw a large overhead crane and observed four people walking over a bridge hanging high- roughly a 100 - 150 feet above ground -while barren land lay below them. The crane machine was being controlled by the crane manager on the ground. The faith of these four people was so strong in their manager, that they were willing to put their safety and lives in the hands of another and perform their work with utmost focus and diligence on this bridge.

These little instances taught me about the gracious act of surrender. The mind always wants to be in control, while surrender is about having complete faith in our Inner Divine, knowing that He knows what is best for us and will protect us in every situation. Living in surrender would help us live a stress free life filled with Love, compassion and acceptance.

With Divine Friend Dadashreeji, as my Guide I have experienced becoming an innocent child again only to realize that we are not in control of anything. We must try to offer ourselves in humble surrender, for Divinity knows the best and is always holding our hand and taking us forward.

Maitreyi Cecilia is a Pediatrician, currently training in Pediatric Neurology at Duke University, USA. Her greatest passions are child health and their spiritual growth. She envisions to aid caregivers and parents in the holistic physical, mental and spiritual development of children.



## मन की रचना

मन है जो मेरा, बार बार भटकता ।  
कभी ले जाता है उपर, कभी ज़मीन पर  
जोर से है पटकता ।

अच्छे बुरे ईच्छाओं को प्रकट कर्ता ।  
कभी इस मार्ग, कभी उस मार्ग पर धरता....

कहते हैं चित्त का दर्शाया रूप है मन ।  
दिखाता है यह मायावी दुनिया हर क्षण ।

मन को मार ऐ मूर्ख ! कहते है जानी...  
वरना कर बैठे गा सब से बड़ी भूल अनजानी !

पहुँचना है सत्य के करीब गर तुझको...  
साधना से करना होगा फतह मुझे बस तुझको...

सोचता हूँ, क्या यह मनही लिखा रहा है मुझसे ।  
फिर यह उत्तर मिलता है.....ना !!!  
यह धारा तो बह रही दादा....बस तुझसे !!!

दादा शरणम् ।।  
दादा के कमल चरणों में,  
राजेश रजानि

## Meaning of the Poem

My mind is distracted  
Takes me here and there,  
And high and low

Expresses good and bad  
Takes me on different paths  
The mind is said to be the reflection of the  
conscience

It shows us the illusory world each moment  
Ignore the mind say the knowledgeable  
Else, you shall commit a great blunder

To know the truth  
Spiritual practice is the only way

Is this mind making me write this?  
The answer that I get is "No"  
The flow is coming from You, dear Dada!

Dadasharanam,  
At His Lotus Feet,  
Rajesh Rajani



# And we met again!



Calm as He was always  
Smiling, He asked  
So, my dearest  
How has the year been???

With that expression  
He now is very familiar with  
I told Him curtly  
You know it already  
Why ask me?

Holding my hand, looking into my eyes  
He said,  
I know it all but let's have a recall  
I had a long list  
Thinking what all to fit, I started!

You have made me cry,  
You filled me with anger to fight with You every night,  
You kept hurting me with your endless tests,  
When the only thing that I ever did best  
Was to love you.

He shook His head, His eyes filled with love  
That could have melted mountains  
Oh! Thank God My dearest, for your tears were for Me  
I know the value of every single droplet  
And believe me none has gone waste

Oh! Thank God My dearest, for all your anger and fights  
were with Me

I filled you with patience every time you got annoyed  
My dearest, Thank God for all the tests  
As they have brought us closer on each step  
And I thank you My dear one  
For all your love  
It is your love for Me  
That makes Me glow in your heart.

**Maitreyi Shraddha**

## Divine Play



# Miracles are the Norm

Kunal ji recounts his past frustrations with life and a subsequent change in perception, which ultimately changed his life for the better

It wasn't long ago, when I looked at life like it was a burden. It was as if I was living in a pressure cooker and the entire world had conspired to make my life miserable. I would often compare myself with other more successful people and rue that I have never been as lucky as they. An unchecked ambition made it worse. I was aiming for the sky and setbacks weren't acceptable to me.

It was a life that lacked love. I was considerate, though. I would not intentionally hurt people to forge ahead. But I would complain about things that didn't go well and had begun to believe that I was born unlucky. I desperately wished for my problems to go away without ever confronting them. I was turning into a big ball of negativity of anger, frustration and disappointment.

Things changed a few months before October 2015. Events took place that made me realize that what I have needs to be valued and it isn't meant to be taken for granted. That, there were others far less fortunate and yet more happy. Something inside me would need to change.

It was in October 2015 where I, seated among a host of other devotees seeking the true meaning of life at ShantiKshetra Premgiri Ashram, was told "*kamiyan hum mein bain aur hum saari duniyako dosh dete reh te bain*" (the fault may lie within us, we should stop blaming the world and circumstances for our situation). The message was simple, yet powerful. It was not like I had not heard this before. But it was for the first time that I listened and had great faith that these words held the keys to internal transformation. Why should anything have to change externally? I realized that my perception

could change and with it I could find inner peace, despite being in what could externally be seen as pressing circumstances.

I have begun to see reason in certain occurrences. There are things beyond my control and I can still be happy and thankful for what I have. I did not have to be very rich to be happy. That inner contentment was my true wealth. That, I do not have to blame myself every time things do not go as planned. That I am an inseparable part of this loving universe, and it cared for me and didn't conspire to make me sad.

This change in perception has made life easier. There is more acceptance in me and I have begun to see "miracles" in the simplest of things. A miracle is not when you are able to walk on water but when you are sure of missing the last metro train but the doors remain open for those 5 extra seconds so you can board the train. When you find support from unexpected quarters in a difficult work situation, when you check a WhatsApp message from a long forgotten friend mentioning that he/she misses you. When, you rather surprisingly do not scream at a person driving on the wrong side of the road. The universe always conspires to make these miracles possible. We need to be aware to realize them.

I see these miracles happening every day in my life and I wonder when the next one is due. These are the norms - not the exceptions.

Dadasharnam

Kunal Ashok is a banker at Citibank and a spiritual seeker.



## The Realisation

If God were to look at us and the way we live, what would he really see?  
**Maitreyi Mohini** gives an answer to this question

As I sat one day, enjoying my lunch, I paused and looked at the morsel of food that I was just about to put in my mouth. I wondered looking at that little morsel in my hand- a bite of roti and some dal - what would God see if He looked at this tiny bite? I continued to look at the bite in my hand and slowly a realisation dawned upon me.

If God were to look at the bite, He would see the Earth that embraced the tiny seed in its fold and nurtured it, the sky that opened its heart to pour its life giving water into Mother Earth, the Sun that radiated its loving warmth, encouraging the seed to burst forth, the air that lent itself into every single breath of every organism. God would be able to see every drop of sweat of the farmer who tilled the land in the scorching sun. He would see the love of the farmer's wife who fed her husband, the sacrifice of the children who gave up their free time so that they could help their father in the field. God would be able to see the metal that went into making the tools, metal that was extracted from the depths of Mother Earth's womb. He would be able to see the contribution of all the plants that lay buried for millions of years once again in the very bosom of Mother Earth which are now fuelling the vehicles that transported the grain once it was harvested. He would see the hands of all those who constructed the road that helped that grain to reach the factory and much more.

As I continued to look at the morsel for a few long minutes, tracing its journey I realized the enormity of this inter-connection and symbiotic balance in the Universe. My head bows down in humility and gratitude. For the truth had finally dawned upon me; I was holding the entire Universe's energy in that humble morsel. The entire Universe, Our Beloved Mother Earth had given her all so that I may be fed. That morsel carried within it the energy of all resources available on Mother Earth. For me it was a small bite but for God it was HIS entire Being poured into that morsel. I realized that the entire Universe supports us even in the smallest of acts that we do.

Today, all I can do is offer a heartfelt Gratitude to the Source who works relentlessly so that I may flourish. Thank you to Mother Earth. You are truly the Mother who loves and gives unconditionally. I am a part of you, please forgive me if I have unknowingly hurt you in my ignorance. Today and for always, I wish to thank you and express my Love to you. We love you Mother Earth.

Thank you my beloved Divine Friend Dadashreeji, for giving me the eyes to see the Love of the Divine that envelopes all of us at all times.

A lover of life, Mohini endeavours to see life from the lens of love and learn from every situation. Her passion is to realise Divine Friend Dadashreeji's vision of a world where love prevails.



# The Bigger Picture



David was a young athletic boy who loved to play basketball with his friends. Once, he was playing in an interstate tournament. His teammates and he skillfully dribbled the ball around the opponents and advanced forward.

During the second half of the game, as David was dribbling the ball, he was hit on his shin by one of the rival team member. He fell to the ground in pain and cried, "This is a foul!" However, the referee had missed the action hence, was unable to decide which team committed the foul. Ultimately he decided that the game should continue without penalizing anyone. This made David angry and vengeful. Due to David being overwhelmed with the urge to attack his opponents, he was now unable to focus on his game.



basket to earn three points which would win the game for his team.

However, out of the corner of his eye, he spotted the same opponent team member who had hit him earlier. David gave up the chance of shooting the ball and instead went ahead bouncing the ball further, failing to notice a rival team member come up from behind. In that moment, the ball was taken away from him and the opposing team took the shot. Due to his inattentiveness, David had let the other team win. He

felt extremely disappointed in himself for letting his teammates down.

David's coach nonetheless applauded the team for their great effort on the basketball court. He then took David aside for a little friendly chat.



*He said "David, sometimes in life you will come across people or situations that will agitate you. You will have to make a choice about how much you let a situation or a person affect you. You played the game exceptionally well today. You were at your best. But you let that brief moment of anger overpower you and thus distract your focus from what was most important at that time. You set your mind on tackling and taking down your opponent rather than helping your teammates score a basket and win the game. Son, always focus on the bigger picture. Hope you learn from this incident."*

Having understood this timely lesson, David apologized to his coach and promised to not let his emotions get the better of him.





## Inner Wheel Women's Club: 12th May, Indore

On 12th May 2018, MaitriBodh Parivaar got an opportunity to address the members of Inner Wheel Women's Club, Indore. Our Mittr shared Dadashreeji's teachings about finding the real source of strength and Love within by connecting to one's inner Divine.



## Elite Session: 13th May, Indore



A small gathering of eminent industrialists and social change makers of Indore got together on 13th May, 2018 to learn more about the purpose of life and how to live with contentment. On this occasion, Divine Friend Dadashreeji's teaching about experiencing unconditional Divine Love and living without expectations was shared with all.



# ***Mahesh Professional Forum:***

## ***1st May, Pune***

On the occasion of their Annual Ashirwaad Samaroh, Mahesh Professional Forum Pune invited MaitriBodh Parivaar to conduct an experiential spiritual session for their members on 1st May, 2018.

It was very heartwarming to see this organization walking on the path of service to society. Each member in their own way has been contributing to this noble cause. Dadashreeji's message to serve selflessly, without any expectations in return was received well by all.

Through the process people were able to experience the Divine Love in their heart which would lead to Selfless Service eventually.

Our gratitude to MPF, Pune for giving us this opportunity.





## Self-Metamorphosis Session: 19th May, Delhi



Notwithstanding the hot Delhi summer, thirty five teachers of the New Green Field School in Delhi came to attend the Self Metamorphosis session held at their school premises. They were unsure about to what to expect from the session but as the session progressed they demonstrated an interest in imbibing what was being shared so that they could experience being a better version of themselves.

Most of them are eagerly looking forward to attending Awakening to Self realisation (Bodh I) in their vicinity.

Regular Bodh I (Awakening to Self Realisation) sessions are being conducted worldwide. Participants experience an Awakening to their inner Divine. This becomes the first step for innumerable souls to start their journey back to the 'Source'.

Maitri Sambodh Dhyaan, and Maitri Light sessions are also being conducted regularly all over India and abroad.



# Upcoming Events

<b>Paduka Prem Yatra</b> For more details contact: 9321293599	23rd June - 26th July	ShantiKshetra Premgiri Ashram, Mumbai, Thane, Pune, Delhi, Amritsar, Indore, Bangalore, Villages around the Ashram
<b>Path Divine (Bodh III)</b> For registration contact: 9833075979	30th June - 1st July	Maitribodh Aarohan Kendra - Delhi
<b>Gratitude Day (Guru Poornima)</b> For more details contact: 7208281818 / 9320339991	27th July	ShantiKshetra Premgiri Ashram, Karjat



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In case you wish to organize any of the events in your region, kindly contact the REPS first. They shall guide you through the process.



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